

Victoria Street Newz

July 2006

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Vol. 3 No. 2

Making the World Safe for Capitalism

Homeless

Submitted by C. L. Cook

StatsCan sez: 250,000 or so Canadians exist with “no fixed.” That is: Every evening, a quarter of a million of your fellow citizens nightly scramble to find a place to lay their heads. The “government” also says: “Many of those calling the great outdoors home prefer it to assistance.”

Perhaps.

If those masses preferred to gather in one geographical space in this country, they would become the 19th largest city, by population, in the land. If those dispossessed preferred to separate, and claim themselves an independent nation, they would, by population, become the first of the twenty smallest countries in the world; right up there with Barbados and Belize.

Imagine: A Ministry of Defense for the Homeless.

Home is Where the Heart Is

But a house does not a home make. There are too many millions, living under roofs, who too feel dispossessed. Calling the hard-scrabbled ground bequeathed them by the State, somewhere between one and two million First Nation folk in this Canada too feel homeless. Distinctly disconnected, these lesser mensche exist extant the decisions ruling their lives. They are, and are not resident.

As in other jurisdictions around the planet, the Palestinian people too are homed, yet homeless. Millions of they exist, before the eyes of the estimable United Nations, harried by the systemic hatred of the State of Israel, humiliated, subjugated, imprisoned, and murdered daily, in their “homeland.” Hardly a hearth to comfort when every moment is fraught with the fear of sudden annihilation.

But there is another kind of dispossession, a homelessness rendered by abandonment. For many millions identity can be erased by the ascension of a foreign power. In the blink of a proverbial eye, the peoples of Iraq too have become resident to an utterly unrecognizable reality: What they knew to be home is now history; they have become strangers in their own land: Homeless.

Marooned

At home in Canada, millions too today are feeling alienated. The nation once known as a “global good-guy,” eager to pitch in, aiding others in distress, available to keep the peace in the troubled greater

world, is finished. Over these last terrible years, Canada has been subsumed by the fascist ideology so obvious in its near neighbour, the United States. Across party lines, Canada today is a willing collaborator in the “Aid through homicide” policies seen with such horrific regularity abroad.

As of writing, the flower of our nation is kicking in the windows, and breaking down the doors of the domiciles of dusky foreigners, shooting and kidnapping the residents found therein, and delivering the surviving occupants into the hands of known torturers and murderers. Canada doesn’t seem the home I once knew.

Bringing it home

That this nation has become a cowardly co-conspirator in the horrific vision of a new world order, an order predicated on mass murder and apocalypse for distant others is clear. None with a modicum of awareness, an iota of conscience in “Canada” could now sleep in their beds comfortable knowing, daily their agents, recipients of their demanded donations to the State, are heartily engaged in morally repugnant activities.

Is it a failure of imagination allowing our continuity in the face of this? Is it denial?

Tonight, if you be homed, watch Peter Mansbridge intone the “news,” remembering the heroes he’ll laud are your neighbours, sent afar to wreak terror upon the heads of the locals.

Remember please; this terror is conducted in your name.

“Terrorists in Toronto,” the headlines blare. An amazed press, quoting the defenders of our State declares of Canadian detainees nabbed recently: “For various reasons, they appear to have become adherents of a violent ideology inspired by al-Qaeda,” says Luc Portelance, Assistant Director of Operations for the Canadian Security Intelligence Service (CSIS).

Doubtless these “Canadians” are too soon to be rendered homeless; sent off to the gulag infrastructure America has made, where they’ll have electrodes attached to their gonads, be harried by dogs, humiliated, etc. They will become un-people, at the mercy of America’s new understanding; rendered to the war criminals, courtesy of your [sic] homeland. And, God help them.

And, may She preserve us all.

Chris Cook is a contributing editor to PEJ News (PEJ.org), and host of Gorilla Radio, a weekly public affairs program, broad/webcast from CFUV radio, at the University of Victoria.



When Prime Minister Stephen Harper visited Victoria in June, activists of all ages gathered on the lawn of the Empress Hotel to express their concerns about where he’s taking Canada.



photos: janine bandcroft

About Street Newz

“Building Bridges
within our Downtown Community”

Coordinator: Janine Bandcroft
Deliveries: Nancy Raycroft
Community Outreach: John Swietalski
Website Maintenance: Ted Hawryluk

The Victoria Street Newz mission is to provide a voice, and income opportunities, for economically marginalized and/or socially disadvantaged people, at the same time offering employable skills training, increased self-esteem, confidence, and pride in accomplishments.

Victoria Street Newz is sold by licensed vendors who sign a code of conduct. They buy the newspaper for \$.50 each, and resell them by donation. We like to encourage a sliding-scale economy which offers people a choice.

You can contribute to social change by supporting the Victoria Street Newz coalition and vendors, by reading information that informs you directly about poverty issues, and by taking action for progressive, peaceful, non-violent change.

Victoria Street Newz welcomes written submissions including interviews, event reviews, cartoons, poetry, photographs, or artwork, but we can't guarantee everything will be published. We reserve the right to edit, and will not print anything libelous, racist, sexist, or homophobic. Letters sent to the editor are assumed to be for publication, must include phone number or email (if possible, for confirmation) and may be edited for length. You can publish using a pseudonym, if you choose.

Opinions expressed in this newzpaper are not necessarily those of Victoria Street Newz, the editors, advertisers, contributors, readers, or publishers.

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or leave a message* at
250-383-5144
ext 0137

* note new phone number

streetnewz@islandnet.com
communitypipe.org/streetnewz

Contents

It Is What It Is, Janine Bandcroft, pg 2

The Choice to Choose,
Comrade Fletcher, pg 2.

The Cost of Doing Nothing
Hendrik de Pagter, Bob McGillivray, pg 3

News and Event Info, pg 4

I Had a Dream, Carol Romanow, pg 5

Re-discovering Community Radio,
Glen Peters, pg 5

Bendib Cartoon, pg 5

Left Coast Happenings, pg 6

Tent City Update, pg 6

Food & Housing Resources, pg 7

Assault on Our Eco-Homes,
Rory Rickwood, pg 8

Tre Arrow Update, pg 8

What's Going on in Central Saanich?
Sue Stroud, pg 9

Cory's Story, Cory Figura, pg 9

David Johnston Update, pg 9

Street Muze, pg 10

July 06, Volume 3 #2



It Is What It Is

written by Janine Bandcroft -
streetnewz@islandnet.com

One of the Street Newz vendors told me customers want more ‘good news’ stories. That’s not always an easy accomplishment given the political/social/environmental climate that surrounds us. For those of us who are economically challenged, or environmentally concerned, hope and optimism are not always readily available. The oil/war game continues to push food prices skyward, rents increase, affordable housing doesn’t. The planet’s climate is changing and the future, for many species (including humans), is unpredictable. Plus, the Street Newz works a bit different from other newspapers - we don’t send teams of reporters on assignment. Instead, we encourage you to BE THE MEDIA, and we publish whatever you send - if it’s appropriate and there’s space.

With that in mind, I’d like to offer some tidbits of hope and optimism. With NDP voices at the Provincial table, there’s reinstated funding for an incentive program for folks collecting disability pensions. As a result, I have an out-reach assistant, and a subscription delivery person, to help the Street Newz.

In additon, we’ve been promised \$1000 each from KAIROS and the City of Victoria, and we’re to receive a Quality of Life Award from the Community Council’s Quality of Life CHALLENGE! Mo brought us a bag of pennies so heavy I could hardly carry it - he collected them from various sources, including panhandlers who find them cumbersome and heavy. How about that for local community reciprocity!

Beyond the SNZ reality, the good newses are but tiny

glimmers of hope in a sea of despair. There’s talk of affordable housing, but in reality new rental units are not being built and the wait list for subsidized housing is huge. I’ve recently met two people on the list - one’s been waiting for two years, one for three. Even if it were available, not everyone’s eligible for subsidized housing, and decent low-income housing is virtually non-existent.

There’s a rental subsidy for seniors, SAFER (the Shelter Aid For Elderly Renters), but nothing for non-seniors. Rents continue to increase, but pensions, welfare, disability pensions, and often wages, don’t. Someone like me, trying to eke out a living in an honest and dignified way, is faced with increasing prices for food and housing and few viable options for increasing revenue without losing integrity. It’s the same old - the rich get richer and the poor get poorer.

On the plus side, I’ve embraced the inevitable love/hate relationship that technology brings, and I do feel optimistic about the future of Street Newz (despite the abysmal numbers on pg 12). The abscesses in my mouth are all but eliminated - thanks to chinese herbal medicine, plus homeopathy (mercury) and acupuncture. I’m busy looking after homes & pets, to help pay the bills. Readers and vendors seem delighted with the new monthly Street Newz format, and it’s folk festival season. Life is, mostly, good!

If you’d like to see more ‘good news’ type stories in the Street Newz, then write them! We are truly a community voice, publishing whatever arrives via email (streetnewz@islandnet.com) or is dropped off at our mailbox at 1027 Pandora Avenue (next to the CBC) - providing it’s appropriate, and that there’s space, of course. Much of the news I receive is not necessarily good, but that’s the nature of the street. We’re reflecting reality, and there’s no point in pretending all’s well if it ain’t. So write, or encourage your friends to write. We are here, at your service, for at least another year.



Last Minute Notes: Bodhi’s Path readers might be wondering what has happened to that story line, and all its colourful characters. Technological challenges, is the short of it. Watch for the conclusion in the August issue, and the possibility of a new series from Robert Lightheart Jones.



The choice to choose

Submitted by Comrade Fletcher
- prideandunity@hotmail.com

I have spent many years on the streets coping with depression, from 1996 when at the ripe old age of 15 years old I left home and school to hitch hike across the country, until right now as I write this article. Perhaps dropping out of school was the best thing I ever did for myself. Like many other kids, school for me was far what the television and movies make it out to be.

Struggling with constant harassment and bullying, from being tripped or punched walking to class, to having my belongings taken or destroyed on a regular basis. The school of course did nothing, as did the teachers, and all 300+ students (small school). Not one of them ever felt that that would be an option. As well my mother could not do a lot, it would cost far too much to send me to a different school. There was no other option.

Dropping out of school the first time seemed to be the only option I had, I felt powerless to stop the abuse. Two years later when a couple of kids in Colorado opened fire on their class mates, I was not shocked like most people, I understood. They felt that they had no other option. I don’t know exactly when it was that I came to the realization that something needed to change. I could no longer accept that this was just the way life was, that that what growing up is all about. It was this drive to find answers that drew me to the punk and anarchist community, and later the crustcore scene as well. I saw it as an alternative, another option.

Since then I have gone through a lot, and come a long way. I have found many new options, made many choices. My choices are based on my ethics, often I find that when depression is at its worst that these ethics are likely all that keeps me going, they are my strength. Yet I realize fully that these ethics are not an option for every one, that these options are not reasonable to every one. I even wonder if they will be for me one day. Well I may live outside and dumpster dive right now, I wonder what I will do when I one day have kids, or when my physical health has deteriorated past the point that allows me to live this way. Right now there may be social programs, but with our current government, I wonder if they will last. So I can understand that for many people diving into a dumpster for food, or just telling your boss off when he tries to wrong you is not an option.

I may be a homeless person, and I may have not worked for some one else in two years, but I seam these days to find myself so busy, that I am not sure if I could hold down a job any ways. Right now I’ve been putting on all ages shows for underground bands, writing, and helping with food not bombs. None of these things bring in an income for me, but that’s not the point. I don’t do these activities for money, I do them because they seam to be what is right. Not by some altruistic gesture, but rather because they further my goals. The anarchist community has taught me something called critical thinking, a method of analyzing a situation and

resolving the problem at its source by formulation a strategy to solve the root problems. My goal in trying to stop other kids from getting bullied turned out to be a lot more complex than I first thought. It tied into all kinds of things, from class war, a push for physical fitness, to corruption of the fashion industry and the media. Basically it turned out that to stop bullying from happening, we had to create equality, not put soccer moms in a class room to talk to other soccer moms about how to stop bullying.

Another thing I learned from anarchist theory was called duality. This was the idea that if we want to create change, we need alternatives. We need another option. If you build it, they Basically what I am trying to say is that we have to create the option, for the people to quit doing what we feel they are doing wrong. Every Sunday people get together and take part in cooking food that would have been thrown out, and sharing it with their community. This offers a healthy alternative, a second option to that of the salted meat soup and white bread commonly served at other soup kitchens. As well as a healthy alternative to throwing more use full stuff into landfills. The whole thing is a display of how we could solve hunger by putting our energy and or money into feeding people rather than spending it on more arms and war. Another example of a healthy alternative is the needle exchange. Give a clean needle for a dirty one, is an alternative to reusing needles, and promotes not leaving them on the ground. I saw in the crustcore scene an alternative to the mainstream, to being outcast. And now I put on all ages shows as an alternative to the bar scene. I saw the bar scene as destructive. It was filled with people that were often just trying to have sex, they would have to be drunk to hit on their victim, who would have to be drunk to accept, the way they would hit on them was by buying them drinks. And the whole time they don’t even know what band is on the stage. It is like a subtle form of rape. So I created an alternative. This is where it starts.

What we must remember though is that an alternative is only an option, if it is reasonable. Just like many people will not dive that dumpster, many also can not afford to buy \$80 and up blackspot shoes to avoid sweatshop labour. If we want people to make these choices, they have to be a choice that is practical. For all we write about pollution, bike lanes and mass transit are not always good options. Mass transit is often crowded and uncomfortable, late, and is often difficult to figure out for many people. As for bicycles, try riding one in the prairies in wintertime, and even here a nice warm car seams to be so much better than a rain storm. As well when travelling long distances, it just doesn’t seam viable to bike to Alberta. We have to make these real options or we will never succeed.

I would like to finish by saying that we have a long way to go, but it is happening. I go to a grocery store and I see fair trade, organic, and vegan “meats”. They may be over priced, but the change is happening, we must not get frustrated though with the people that don’t see these ideas as options because we have not made them a viable option yet. Instead we need to focus out energy on creating new options for tomorrow. And maybe in the future there will be an option other than taking a gun to school. And maybe I will find a way to raise kids without being a wage slave. I know I will do my part.



The Cost of Doing Nothing

Submitted by Hendrik de Pagter

A community dialogue on the current model of dealing with drug use was held in Victoria on June 1, presented by Voices of Substance. Canada's approach now follows the American-inspired "war on drugs." Treatment is based mostly on abstinence models and drug use is seen as a crime rather than a social and medical issue. There is limited involvement of users in the design of treatment. An "us and them" mentality prevails, and organized user groups (VANDU, SOLID) having little influence in treatment planning.

The conference started with three former drug users describing the harrassment and imprisonment they suffered and their problems trying to get medical help. Then Dr. Perry Kendall, the Provincial Health Officer for British Columbia, noted that in 2002 75% of the the cost of substance abuse to the medical system was caused by tobacco and alcohol and less than 25% by illegal drugs. Drugs approved by the state cause the medical system much more than illegal substances.

Dr. Murray Fyfe noted there are some 2,000 injection drug users in Victoria. 65% of them inject on the street. Every year 12-15 injection drug-users in Victoria die of ODs. 13% of IV drug users in Victoria have HIV, 75% have Hepatitis C and 41% share needles. This rises to 50% of female and young users. When asked about a safe injection site, 75% of IV users say they would use it and 50% would use it for most of their IV drug use.

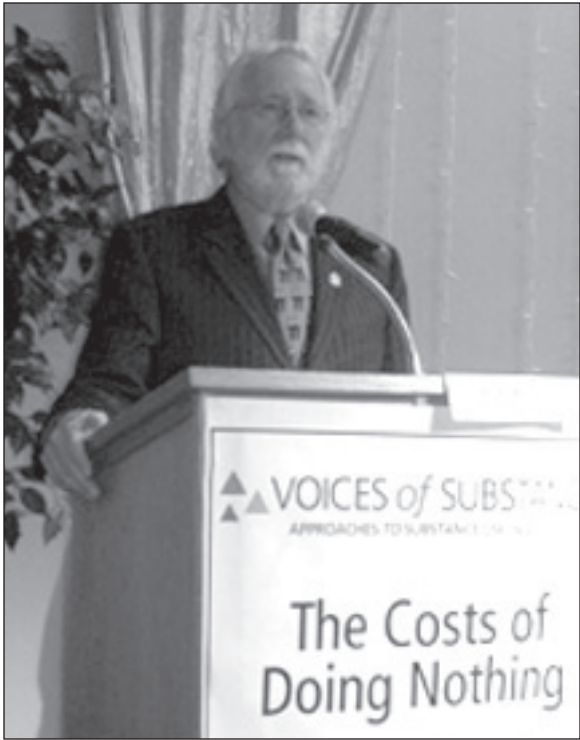
Former Seattle Chief of Police Norm Stamper mentioned that the US has spent about \$1 trillion on the war on drugs, some \$40 - 70 billion per year. He recalled that prohibition of alcohol created Al Capone and the "purposeful violence to traffic illegal substances." He added that minorities and the poor are imprisoned for drug use at 7 to 11 times the rates for middle class whites and that 7 times more money is spent on enforcement than on education and treatment. The US has 25% of the world's prisoners, many for drug use. He noted how the war on drugs is used by the US to justify interference in the internal affairs of many third world countries. Stamper called for a regulated market, with dispensing licences hard to obtain but easy to lose, with increased penalties for driving under the influence and selling to minors, with vendors required to get ongoing education in the commodities they sell. A participant noted that the current drug laws are racist, the drugs declared illegal (opium, marijuana, peyote, coca) being used historically by non-whites and that there are no laws for addiction to prescription (Western) drugs. Another participant noted that many more women are prescribed prescription drugs than men.

Members of organized user groups frequently noted the "Us and Them" divisions that characterize treatment programs today and demanded more involvement in planning suitable treatment.

The conference focused on offering sensible alternatives to the current model. Speakers advocated harm reduction strategies, shifting money from enforcement to treatment and education, opening up a safe consumption site in Victoria as soon as possible to protect users and the general public, greatly increasing the number of detox and treatment beds, "treatment on demand" and much more consultation with user groups. Both Mayor Alan Lowe and Police Chief/Interim City Manager Paul Battershill spoke strongly in favour of safe injection sites.

The conference was well-organized. It appears that the alternative vision of drug use treatment is starting to influence the politicians and police in Victoria, but I'm left wondering how many more people will have to die before Victoria adds harm reduction treatment options, a safe injection site and many more treatment beds to address this important public health question. We need to end the war on drugs NOW!

Hendrik de Pagter has worked as a social worker for twenty years, but also as an English teacher (in Japan) and immigration officer. He is active in local Green Party politics, and has an abiding interest in electoral reform, guaranteed annual income and globalization. He can be reached at grunwelt@yahoo.ca.



Whoops! In the June issue, I printed the wrong website for L.E.A.P , or Law Enforcement Against Prohibition. Here's the correct one:
<http://www.leap.cc/>
And Norm Stamper (photo, left) is at:
www.normstamper.com/
Full audio and video of the June 1st workshop will be on the website at:
www.voicesofsubstance.ca

Submitted by Bob McGillivray.

Recently, Victoria held a conference to welcome a new group of people interested in creating solutions for the problem of drug abuse. The group is called 'The Voices of Substance' and a community conference was called 'The Cost of Doing Nothing.'

The Voices of Substance believe that current approaches to substance use do not ensure the safety or well being of our communities. The VOS group want the community to work together to prevent harm from substance use. Business, community, service providers, police, government and the people who use substances are all part of the solution.

The following is a sample of some of the speakers' information:

Mayor Alan Lowe stated: Without an injection site there will be more needles on the street, more disease for consumers, and more open drug use on the streets of the city.

Dianne Tobin is the current president of VANDU. Dianne is also organizing a women's group aimed at forming the laws for sex trade workers, as well she works at a peer outreach program at the Health Contact Centre. Dianne is a participant in the North American Opiate Medication Initiative (NAOMI) which is examining the benefits of medically prescribed heroin. Dianne stressed the community needs to support the peer based consumer society SOLID - Society of Living Intravenous Drug users.

Barb Smith is the director of PEERS, and a registered social worker with a checkered past. She had been in the struggle of drug abuse since she found herself waking in the hospital after 3 days in a coma. She learned her friend in the next bed had died. Luckily, she was able to enter a rehab program and to this day is now stable although it's a daily battle. Today she has a degree, a house, car, and a lovely daughter which is a miracle compared to where she has come from.

Nancy Poole, who has 20 years experience in research, has been involved in the prevention, treatment, and harm reduction dealing with women's substance use problems. She stated that prescription drugs are given to girls and women more often than to men and boys. This contributed to cause women to use substances more often than men. Sex and gender differences can be a pathway for drug abuse. Prescription drugs are abused and affect women more than illegal substances.

Dr. Murray Fyfe holds the position of Associate Medical Health Officer for VIHA since 2004. He previously was positioned at the BC Centre of Excellence for Women's Health. Murray mentioned that there are 2000 people on the streets involved in injection drug use. Every year there are hundreds of overdoses that are not fatal thanks to Narcan. In the injection drug using population infection rates for HIV is 30% and 75% Hep C (HCV) and many are not treated.

Steve McDougall is a community support worker, a writer, musician, an activist involved with harm reduction and an active participant in an abstinence based program. Steve mentioned that harm reduction is going forward and he can see some measurable results. He was a patient in a methadone program for 12 years and the way he was able to withdraw was to have supervised morphine program. He also mentioned that SOLID is worthy of public support.

Judge Ernie Quantz: In 1995 he was appointed as Acting Deputy Attorney General and Assistant Deputy Attorney General for the Criminal Justice branch. Judge Quantz is active in law reform and his main concerns are with the inadequate support systems for prisoners being released. This lack of support contributes to many people returning to the justice system.

Reverend Al Tysick stated that Norm Stamper's message was like a breath of fresh air. Rev. Al also mentioned that we in Victoria & BC have plenty of housing available, but the problem is it's all full.

Donald McPherson has been the Drug Policy Co-ordinator for the City of Vancouver since the year 2000. He mentioned the impact of doing nothing is insurmountable. The health authority must start thinking outside the box.

Jody Paterson is a journalist and left the Times Colonist in 2004 to become executive director of PEERS. Jody mentioned the cost to the body is much greater than the cost of purchasing the drug itself. \$540 million are spent to purchase drugs so would it not be cheaper to provide the drug and the place to use them for the people that still use drugs?

Victoria City Chief & City Manager Paul Battershill mentioned he thought that an intensive treatment program in prison for two years, rather than 6 years sitting in a cell, would be more beneficial and cost effective.

Bill Nelles is first General Secretary of the UK Methadone Alliance. He suggested that the major six things to create harm reduction are to provide consumers with a safe injection site, pure heroin, needle exchange, crack kits, detox beds, and peer education. Bill said he would leave us with two final things that are needed - we need resources, and we need to grow capacity. Resources are things like supporting peer consumer groups such as SOLID. Growing Capacity is the need for more methadone doctors in most every city and town.

There is more information to pass on, but there is no room or time to express it. The be all and end all is to open thinking to accept the idea of harm reduction, and support local peer consumer groups like SOLID - the Society for Living Intravenous Drugusers.

For more information on SOLID:

<http://group.yahoo.com/group/solidones>
solidones@yahoogroups.com
momma@vcn.bc.ca
bobmcgsolid@hotmail.com

SOLID Peer support meetings are
Wednesdays, 7-9 pm @ 1947 Cook St. in the health unit multi-purpose room

Bob is a founding member of SOLID (Society of Intravenous Living Drug Users). He was employed in the home decorating industry for 25 years, and was a functioning addict for 10 years. He started recovery a decade ago and hasn't indulged in street drugs ever since!



News and Event Information

PSAC Stands in Solidarity with Six Nations Protesters

The recent standoff in Caledonia, Ontario is merely a symptom of a much greater problem – the disdainful manner by which elected governments address Aboriginal land claims.

Aboriginal peoples in Canada have waited long enough for their treaty rights to be recognized and land claims dealt with. The Six Nations filed a claim to the land in 1995 and 10 years later, with the claim still unresolved, the Ontario government gave Henco Industries the go-ahead to begin development on the disputed land.

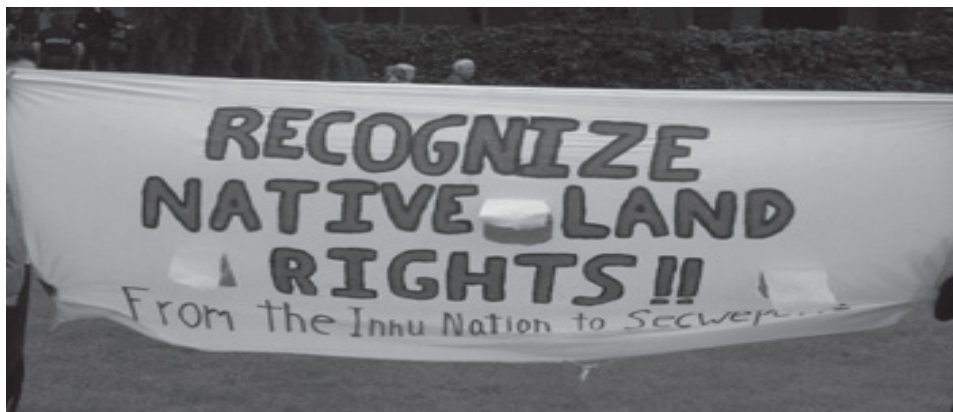
It was this decision by the Ontario Government that prompted the Six Nations to reclaim the land on February 28, 2006. The members of the Six Nations remained on the land in peaceful protest for 51 days until the OPP escalated the tense situation by raiding the protester's camp in the early morning of April 20, 2006, only one day

after Premier McGuinty promised a peaceful resolution to this dispute. The protest is now in its 76th day.

The PSAC calls on the government to negotiate meaningfully and to peacefully resolve the Six Nations land claim as well as all current and future Aboriginal land claims. The PSAC feels that if this and other land claims were dealt with in a fair and timely manner, the most recent standoff in Caledonia, as well as the tragedies that occurred in Ipperwash, Oka, and Gustafsen Lake, could have been avoided.

Members of the Public Service Alliance of Canada stand in solidarity with Aboriginal peoples seeking peaceful resolutions to Aboriginal land claims in Canada.

<http://www.psac-afpc.org/news/releases/2006/a26-0506-e.shtml>



The Victoria Street Newz is very proud to have been chosen as a recipient of one of this year's Quality of Life Challenge Awards, offered through the Community Council. Thank you!! You can read the Street Newz story at: qolchallenge.ca/connections/connection_stories.html

The Naked Truth

article & photo submitted by cyann ray

Victoria is a great city for cyclists. I was proud to be sharing the Goose with so many folks participating in our annual Bike-To-Work-Week last month. Perhaps some of those who parked their cars for a week and ventured onto two wheels will appreciate the huge benefits of cycling : a healthier heart and a healthier community. Hopefully, some will even become regular cycling commuters.

More recently there was a brave and committed group willing to bare all in order to bring awareness to the vulnerability of cyclists. "World Nude Bike Day" likely took hundreds of tourists and locals by surprise during the sunny Saturday afternoon of June 11. Anyone downtown then couldn't help but notice the large, colourful and mostly naked cyclists hootin' and hollerin' as they breezed thru the downtown core. Their message was no doubt unclear and overshadowed by the novelty of nakedness. It is my understanding that the aim of this universal event is to demonstrate the "exposed" nature of cycling. We ride in traffic "naked" everyday, unprotected by the armour of steel that drivers wear. Something as seemingly innocuous as opening your car door, or tossing your cigarette and coffee dregs out the window can seriously harm the cyclist riding by at that moment.

I want to thank and congratulate everyone involved in these two pro-cycling events. And I'd also like to remind all drivers to pay attention when approaching someone on a bike. Cyclists are part of the global solution and we deserve our share of the road.

For more info: www.worldnakedbikeride.org and www.biketoworkvictoria.ca



It's a Mad Mad World

Submitted by Steve Filipovic - greens@stevefilipovic.ca



The keynote speaker at the 25th anniversary dinner thrown by the Vancouver Island Vegetarian Association, Howard Lyman, had much to say about the food industry and how it operates with out much concern for human health or animal health, really to sum it up it is only concerned with maximizing profits. He focused much of his attention on the meat industry as he was involved with it for many years. He got his wake up call by becoming paralyzed from the waist down, an ailment brought on by the chemicals he had been instructed to use by the Montana State University.

It seems Howard could deal with the disappearance of birds from his farm due to the chemicals he used, and he tolerated the questionable health of his livestock as long as they lived long enough to get to the slaughter house; but when he himself was struck down by his use of chemicals he had the time to reflect and see the error in this modern way of maximizing yield at all costs. It is upon recovering from his condition that he quit farming and became the most prolific instigator for exposing the truths behind many of the practices of the Argi-business industry. A message well received by the VIVA crowd who had just finished a vegan meal.



Howard Lyman Reads the Street Newz!!
www.madcowboy.com

Howard went on to explain how it is the conditions of over crowding and the need for antibiotics in the livestock pens that are creating the perfect conditions for harmful viruses and diseases to manifest. Mad Cow for example is a direct by product of the way we raise cattle, the practice of feeding dead cows back to the rest of the herd, mmm more beef please.

Another thing Howard mentioned was about how a 205 lbs five year old living in the states was diagnosed as perfectly healthy by his doctor. Unbelievable as this may seem, it does indicate that for the most part North Americans are in denial about their state of health and in the dark about what their food really is. When your food is attacking you and threatening your health it is time to rethink the grocery experience and look behind the curtains to see where our food is coming from.

Howard Lyman has articulated his message in two books - "Mad Cowboy" and "No More Bull." Inside you will find plenty of food for thought and upon reading the books you may find your self spending more time in the produce isle.

VICTORIA FAITH GROUPS FEELING STRAIN OF INCREASED POVERTY

New survey reveals more working poor using food banks and soup kitchens

VICTORIA – A survey of Victoria-region faith-based charities published today shows that low minimum wages, restrictive welfare policies and reductions in government-funded mental health and addiction services are putting an ever-increasing strain on food banks and soup kitchens run by community volunteers.

The survey was commissioned by Faith in Action, a multi-faith coalition of congregations, groups and concerned individuals in the Capital Region. Faith In Action focuses on poverty, homelessness and welfare policy in British Columbia.

Responses from 12 local faith-based charities, some serving food to 600 people daily, reveal that the number of Victoria-area residents accessing their services has increased markedly in recent months. Many charities are experiencing trouble meeting this growing demand.

"Many respondents expressed concern that their organizations are being used as providers of permanent rather than temporary emergency services as they originally intended," said Faith In Action Coordinator Kathleen Gibson today.

The charities surveyed reported

that more poor families, many with both parents working, are now seeking assistance on a regular basis. Increased food, housing and transportation costs are not being reflected in their weekly wages.

"Government policies have a direct effect on the increased hardship that faith groups are witnessing," Gibson explained. "But instead of supporting public programs that would meet these needs, government seems to expect charities to pick up the slack.

"This survey clearly shows that the faith-based charities are reaching their limit. People in need should not have to depend on charity for survival. Assuring basic needs is part of the government mandate, not a charitable option," she concluded.

Respondents recommend building more subsidized housing; improving job training programs to be more sensitive to the barriers experienced by individuals in poverty who are trying to find quality employment; increasing income assistance rates to reflect the current cost of living; and improving access to government services.

The full text of the report can be downloaded from the Faith In Action web site at: <http://www.bcfaithinaction.ca/index.php?index=news>



I Had a Dream

(with respect to Dr. Martin Luther King Jr.)

by Carol Romanow. Carol is an activist living in Victoria, a mother of 5, nanna of 5, and a member of SOLID (Society of Living Intravenous Drugusers - see pg. 3 for more information).

In 2003, I wrote this. Sadly not much has changed.

My own dreams and thoughts can become as profound as anyone else's can. Like anyone else's it appears that they will not be attainable in my lifetime and humans being what they are not in my children's time either.

was a choice, or immoral. That being, gay, transgendered or bisexual was a choice, instead of it just being the way it is. And being equal and accepted in spite of the differences. God forbid we allow gay couples to marry!

Drug addiction is after all a choice, immoral and illegal. No thought to the health issues, after all they deserved it. No choice or thought that perhaps addiction is a health issue, not a policing issue. No thought to the fact that treatment options are almost non-existent for those who want to try to quit. The waiting period is so long treatment is a dream, and for those who use methadone as a treatment, they can pay \$40.00 out of their welfare money. After all, it is their own fault.

I had a dream that welfare, EI, WCB, OAP, SAFER, GIS, Subsidized housing and housing subsidies, became archaic and people had enough money when they were sick, disAbled or between jobs so that they could afford rent, food and medical treatment. I dreamt that Pharmacare allowed for treatment of Hepatitis C, not some artificially set criteria that excludes most people. That Treatment options became a discussion and decision between a Doctor and a patient.

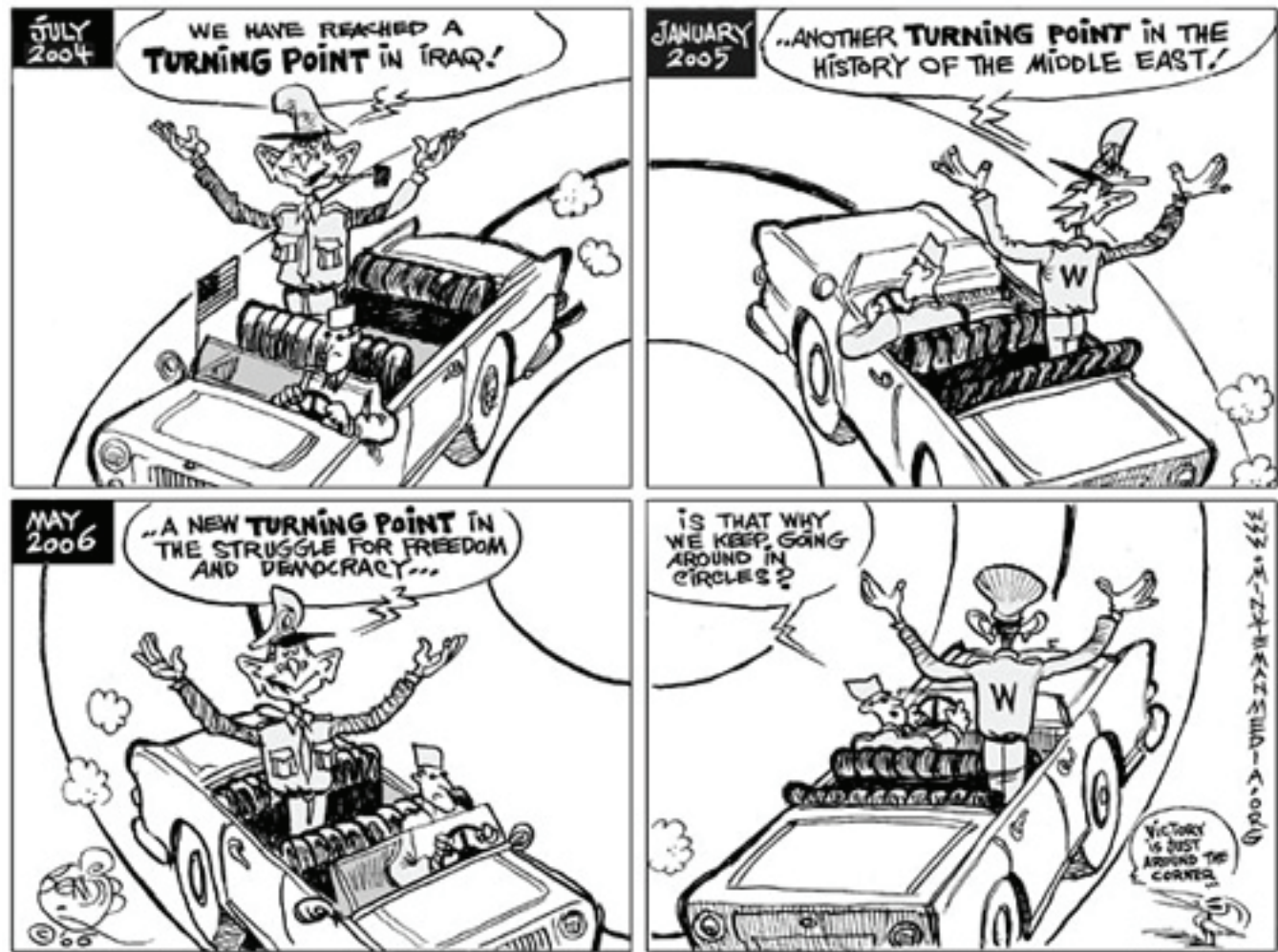
I had a dream that when my Doctor gave me a prescription, it was filled at no cost and not under special request authority form. I had a dream that Seniors got their medication when they needed it. Not after some falsely set up deduction level, that leaves many choosing between food, medicine or the rent.

I had a dream that single parents had ample day care so that if they choose to go to work they had safe, quality day care of their choice available for their children. And at the times, their job was set. Not the 7 am to 6 pm day cares of now, but one that was also there regardless of the hours the parent had to work. I also dreamt that parents had a choice, raising children is important. It is one of the most important jobs in Society , but because it is primarily done by women, it has no value. Because women are still not seen as equal in our Society.

I had a dream that Canada as a whole cared for and took pride in caring for those who needed help, medically, financially or other wise. Being poor is not a choice one makes. It requires a series of catastrophic events. First, being poor. Poverty dictates where we live, what we eat, and what medical/dental help we get. It determines the quality of our lives and determines the food we are able to buy. It impacts on our mental health and emotional strength, because we are forced to choose between food, rent, a movie, or health care needs. It destroys our sense of well-being and confidence because those who hold the power and purse strings present us to society as a group of persons sucking off the public teat. We are not allowed the "norm " of society: cable, internet , newspapers, entertainment; cigarettes, or alcohol are only Ok for those who are the "chosen".

Poverty slowly kills our bodies and our minds because genocide of the poor is allowed. We are not protected under the Constitution or Human rights. The problems and needs of the poor and marginalized in our society are allowed to exist and poor-bashing is acceptable .Every time someone says, "get a job", they have no idea how I yearn to be able to work at a job, instead of the 10-15 hours a week of volunteer advocacy that I do. That earning a decent living is a pipe-dream for me and many others. That I hate being in subsidized housing, I would prefer to pick my own place instead of the current decline 3 and you're out system. Perhaps I could find one that allowed pets and had a pool so that I didn't always have to travel to an outside pool so that my Rheumatoid Arthritis and Fibromyalgia could be soothed. An apartment where my Chronic Fatigue didn't mess me up so that a trip to the pool some days was like climbing MT.. Everest.

I had a dream that poor people were treated with respect.I had a dream that a guaranteed livable income was there for all, one that was above the poverty line, not 40 % below it.



Some Radio Resources

BC's community radio can be found here: <http://www.ncra.ca/directory/DirSearchAction.cfm>, and for the rest of the country: <http://www.ncra.ca> - Click on "national directory on line" follow the links

Khalil Bendib, creator of the above cartoon, has a radio show at KFPFA in Berkeley, CA, called Voices of the Middle East and North Africa. His website is bendib.com, and KPFA is at www.kpfa.org

Re-discovering Community Radio

I recently rediscovered Community Radio, I used to listen all the time but for reasons too complicated to explain I was separated for a considerable time from this wonderful, important media!

"CBC radio one" filled the void but they have gone steadily downhill over the years especially in their information bias, becoming a sanitized infotainment vendor! There are still some good honest programs but they are becoming rare. Too much government intervention and cutbacks I suppose?

Community Radio on the other hand doesn't rely on government or corporate dollars and therefore are able to play by different rules, staffed mostly by altruistic volunteers or underpaid pros and supported by donations, the tendency toward capitalistic values is pretty well, if not completely, nonexistent... the information is raw and unfiltered and not beholdng to media barons or anyone...accept listener/supporters...you!

The music is diverse; you won't hear any tired, old, monotonous, top 40 excretions!

Give community radio a legitimate listen, become a member and wean yourself off that biased boob that is commercial/government propaganda! It's yours, it was designed for you, and it was designed to maintain democracy (whats left of it), support it if you can, get involved if you can or at least, at the very least... just listen!

Submitted by Glen Peters

To accomplish great things, we must dream as well as act.

Anatole France (1844 - 1924)

Left Coast Happenings

Street Newz offers no guarantee that this info is accurate, or that the events will actually occur. For a free weekly list, email events@pej.ca.

Mondays	Movie Monday - 6:30 pm, Eric Martin Pavilion (1900 block Fort St.) by donation 595-FLIC or www.islandnet.com/mm
Alt Mondays	Victoria Peace Coalition - 7:30 pm, 2994 Douglas St. dolcla@islandnet.com
Alt. Mondays	Communities Solidarity Coalitïon - www.communities-solidarity.org , info@communities-solidarity.org
Tuesdays	Voice of Palestine - 8:00-9:00pm (PST) on 102.7FM. Listen live at http://www.coopradio.org/listen/ or to archives in Audio Clips.
Third Tuesdays	Tell ‘n Show 1415 Broad St. Info: www.tellnshow.ca or thetellnshow@gmail.com
Tuesdays	Victoria Bluegrass Association Jams 1620 Fernwood, Orange Hall, 7:30 pm 472-6483 free for listeners, \$2 for players - all levels
Tuesdays	Hand Drumming Drop-in, \$10. Beg: 7-8 pm, Adv: 8:15-9:15 pm Info 386-1054 Drums provided.
Wednesdays	Falun Gong faluninfo.net . Fernwood Community Centre, 1240 Gladstone Fernwood. Victoria. 5-7 p.m. Info: (250)386-8805 free
Wednesdays	Peace Vigils at the Legislature - 7:00 - 8:00 pm - Peace Ambassadors needed to greet international visitors! Imagine: War Never Again
Wednesdays	SOLID (Society of Living Intravenous Drugusers) except welfare day, 7:00-9:00 pm, 1947 Cook St. \$3 bus fare reimbursed
Wednesdays	Playback Theater: The Arts of Empathy & Culture-Jamming 6-9 pm Info: esther@muirhead.ca , www.playbacknet.org/interplay/journal , 380-0036
Second Thursdays	Council of Canadians Coffee Nights at the Solstice Café , 529 Pandora, 7-9 pm
Fridays	Coffeehouse discussion group 7:30 pm JJ's coffeehouse in Brentwood Bay 7:30 pm Info: sue_stroud@hotmail.com
Fourth Fridays	Café Simpatico, Activist coffeehouse ,1923 Fernwood. Doors at 7 pm. casc@telus.net , 598-7690, communitypipe.org
Last Fridays	Propel Yourself! Victoria Critical Mass Bike Rides - Centennial Square, 5 pm. bring bike, board, helmet, lights, bliss.
Sat Mornings	Sikh meditation -all welcome 6-7 am at Gurdwara Singh Sabha Society of Victoria (470 Cecelia Rd, Victoria, BC) Info: jindi@hotmail.com
Saturdays	Plastic Recycling - soft & hard plastics: styrofoam blocks & chips, plastic bags, and rigid plastics. Info: 382-4604. www.pacificmobiledepots.com
Saturdays	Tour of Merve Wilkinson’s Wildwood Forest , Ladysmith. Info: Jay, 250-245-5540 Directions: www.ecoforestry.ca/WildwoodMap.htm
Sat & Sun	Falun Gong faluninfo.net 10-noon, Beacon Hill Pk, across from petting zoo, all winter. 386-8805 free
Alt. Sundays	Sierra Club Nature Outings - Call Nikko for more details at 386-5255 x241, www.sierraclub.ca/bc
Sundays	Victoria Folk Music Society 7:30pm, Norway House, 1110 Hillside www.pacificcoast.net/~vfms or 413-3213, 24 hrs.
Monthly	Faith in Action -a multi-faith coalition working to put more heart into BC’s income assistance. www.bcfaithinaction.ca
Monthly	Vancouver Island Vegetarian Associaton (VIVA) Potlucks www.islandveg.com
All month	CRD Parks outings and explorations for all ages. 478-3344 www.crd.bc.ca/parks/brochure2.htm
Ongoing	Auditions for Spilt Milk Improv Comedy Troupe Info: (250) 479-3374, spiltmilk@centralmail.com , www.spiltmilkcomedy.com
June 24-July 2nd	Pride Week Info: victoriapridesociety.org , volunteer@victoriapridesociety.org , 250.483.6846
June 26 - Aug 3rd	Aluminations - a multimedia showcase by graduates of the Vic College of Art. Mon-Fri, 10 am to 4 pm. Info: 721-6562, maltwood.uvic.ca , maltpub@finearts.uvic.ca
Fri, June 28th	Boycotting for Peace & Justice - a workshop for activists. 7:30 pm, GSS at UVic. Info: boycott@bbcf.ca , www.boycottbus.org
June 29, 30, July 1st	Designing Peacebuilding Interventions, Conflict Transformation, and Reconciliation in Divided Communities. Info & Reg: dispute.resolution.uvic.ca , 721-8777 dispute@uvic.ca . An intensive, interactive, & participatory workshop for conflict transformation, peacebuilding, & post-war reconciliation & recovery from three continents.
Fri, June 30th	This Ancient Love - A Women’s Retreat in Song & Beauty, with Carolyn McDade - Centre for Earth and Spirit, 6040 E Sooke Rd. Info: (250) 642-3546 gces@telus.net or www.centreforearthandspirit.org
June 30-July 16th	5th Annual Fraser GLBT ART SHOW - 1st Unitarian Church of Victoria, 5575 West Saanich Road. June 30 from 7-9pm opening night with reception and entertainment by “Mosaic”, show open on Saturdays from 10-4 (except on July 8 from 1-4 only), Sundays from 1-Admission FREE- INFO: 592-6484
July to December	Animal Rights Activist Tour - 31 states and 6 provinces Info: www.hope-care.org
July 1 & 2nd	ICTV Presents: ‘Sewage Treatment in Victoria’ with Stephen Salter and Reg Mitchell, hosted by Chris Cook. 2 pm Sat, 6pm Sun. Channel 11. ICTV is Independent Community TV - a non-profiit society with access to time on Shaw. If you have material to show, ideas for a program, or would like more info, contact jetkino@yahoo.ca
Opens July 3rd	Moodyville Tales - The Other Guys Theatre Company present this new Canadian folk musical at the Kirk Hall, 680 Courtney St. Mon-Sat, 7 pm Suitable for families (children age 10+) Tickets: from \$15-\$25, 250-721-8480, www.auditorium.uvic.ca , Tourism Victoria Info Centre (812 Wharf Street) Info: 250-385-6835.
July 7-10th	INTENTION 7.5 SUMMER CAMP - Crystal Creek - A co-created all-ages community camp-out on the Sunshine Coast. Registration required, space limited. Tickets - \$60 Info: http://tribalharmonix.org site or intentioninfo@gmail.com
Sat, July 8th	LIFE (Livable Income For Everyone) workshop on Money, Technology and the Work Ethic Max. 20 participants Info: gli2020@shaw.ca , www.livableincome.org .
July 8 & 9th	The 2nd Annual Organic Islands Festival - Glendale Gardens & Woodland505 Quayle Road, Victoria, BC, (Home of the Horticulture Centre of the Pacific) Admission: \$5 for adults, Free if under 16. Volunteers needed. Info: 250 656-8130 or www.organicislands.ca
Tues July 11th	Sacred Circle Dance towards Autumn - to celebrate the changing seasons and the cycles of our lives and wild nature, to remind us of the strength and unity of circles in nature, in our lives, families and communities. 7-9 PM, Friends’ Meeting House, 1831 Fern St. By donation. All ages welcome. No experience required. Info: 592-2848
July 14-16th	Vancouver Folk Music Festival - Jericho Beach. Info: www.thefestival.bc.ca , 604.602.9798, Toll-Free: 800.883.3655, inquiries@thefestival.bc.ca
July 21-23rd	Islands Folk Festival - Providence Farm, near Duncan BC. Info: 250 748-3975 or www.folkfest.bc.ca or info@folkfest.bc.ca
July 24-28th	Peacebuilding and Development: From Lessons Learned to Program Design and Field Implementation , Romania Info: www.transcend.org , training@transcend.org
Aug 4-7th	Filberg Festival, Comox – celebrating excellence in art, craft and music Info: www.filbergfestival.com , 250 334-9242, info@filbergfestival.com
Tues, Aug 9th	Int’l Day of the World’s Indigenous People - the 11th annual commemoration at UN Headquarters. Including a message from UN Sec General, statements from UN Agencies, the Chairperson of the UN Permanent Forum and others, plus various indigenous cultural presentations. www.un.org/esa/socdev/unpfii/documents/International_Indigenous_Day_programme2005_en.doc
Aug 14 - Sept 30th	Spirit Keepers Caravan - Bringing the Children Home - Clan Mothers and Elders will visit the sites of former residential schools and help give voice to the spirits of the children who died there. The Caravan will leave Unceded Coast Salish territory (“Vancouver”) on August 14th to be joined by others. Info: spiritkeeperscaravan@yahoo.ca
Weds, Aug 19th	Global Justice Youth Symposium - Oxfam Canada + VIDEA host an empowering, informative and action-oriented day on global justice issues. Cost: \$10 to cover lunch & materials 8am - 6pm, Fairfield Community Place, 1330 Fairfield Rd. Info: ewallace@videa.ca or 385-2333
August 21-24th	Accessibility Conference Info: momsonthemove@telus.net
September	University 101 – free liberal arts course, dinner included. Applications available in July from 910 Gov’t St. or www.uvic.ca/uni101
Sept 17-20th	Water In the City Conference - bringing together engineers & water managers, municipal politicians & staff, senior governments, the development industry, consultants, the environmental community, interested citizens, youth, and commercial & institutional water users from all over North America. Info: www.waterinthecityvictoria.ca
Oct 20-22nd	Family Focus 2006 - Richmond. Info: www.familyfocusconference.com , info@familyfocusconference.com , 604-279-7057
Sat Nov 18th	Santa Claus Parade - Local writer Elizabeth Rhett Woods, with new novel <i>Beyond the Pale</i> , is looking for other writers to join her in the Santa Claus Parade. “I envision a motley crew of (mostly) local writers, brightly and fancifully costumed-as a character from one of their own books, or a cover, or in any way they please-perhaps escorted by one or more musicians playing sprightly tunes.” Interested? Contact Elizabeth@elizabethrhettwoods.ca , or (250) 479-7836.

TENT CITY UPDATE

Did you live at Tent City at either Cridge Park or the St. Anns Academy Grounds?

Do you know the order to vacate Tent City is being challenged with the Canadian Charter of Rights and Freedoms?

Your story can help. Statements from campers are being used as legal evidence in defence of your right to sleep.

Contact the law office of Irene Faulkner and Cathie Boies Parker:

380-2788
100-1124 Fort Street

Anyone who has already provided an affadivit for the case is especially asked to check back in.

In related newz:

a federal court of appeals in the u.s. has apparently made it illegal to arrest someone for sitting or sleeping on the sidewalk if there is not enough shelter space...

http://www.truthout.org/docs_2006/041506E.shtml
http://www.nupge.ca/news_2006/n21ap06a.htm

Food Resources

9-10 CLUB (ST. ANDREW’S SOUP KITCHEN)

740 View St. Victoria, B.C. V8W 1J8 ph: 388-5571 8 - 10am seven days a week. Church-run club providing daily meals on a drop-in basis.

ANAWIM COMPANION SOCIETY

973 Caledonia Street Victoria B.C. V8T 1E7 phone: 382-0283
Mon, Tues, Thurs 10am - 5 pm, Weds, Fri 10am8pm, Sat 10am 4pm
Laundry, showers, meals, clothing, limited housing spaces.

COMMUNITY FOOD BANK

4-697 Goldstream Avenue, Victoria, B.C., V9B 2X2 phone: 474-4443
Tues, Weds: 10am 3pm, Closed last week of month

FOOD NOT BOMBS - a collectively run food kitchen. Ph: 383-5144, ext 1940
Free vegetarian serving Sundays, 3 pm - Harris Green (Pandora & Vancouver)
Bring plastic containers for bowls, bags 4 produce. <http://resist.ca/~fnb-victoria>

FRUIT AND VEGGIE BOX

C/o Blanshard Community Centre	phone: 388-7696
James Bay Community Project	phone: 388-7844
WorkLink Employment Society	phone: 478-9525
Victoria Native Friendship Centre	phone: 384-3211

Wholesale prices, various size boxes. Pay first, pick up following wk.

JAMES BAY COMMUNITY SCHOOL

140 Oswego Street, Victoria, B.C. V8V 2B1 phone: 389-1470
-Seniors Dinners on Tuesdays and Thursdays at 5 PM - \$5.75
-Community Dinners Weds, approx. every other mth, usually \$4 & \$2 -12 & under. Tickets must be purchased at the centre in advance-Community school cafe open Mon - Fri 11:45 am -12:30 pm. \$3.25 & child 2.75.

MEALS ON WHEELS

phone: 479-6900

For residents of Greater Victoria who, because of age, disability or illness, are unable to prepare an adequate meal for themselves, have inadequate cooking facilities, have no one to prepare meals, or have health and social needs. Referrals from doctors, health & Social Services agencies, concerned friends, family, or personal requests. Current cost of meals- \$6.75. In addition to nutritional benefits, some social interaction.

MUSTARD SEED STREET CHURCH

www.mustardseed.ca

625 Queens Avenue, Victoria, B.C., V8T 1L9 phone: 953-1575
Outreach: Mon-Fri 8am-4pm, Food bank: M,T, W, Th 9-11:45am, 12:30-2:00 pm M, W, F - Family Hampers, Th - Singles & Couples w/out children. Food bank is closed the week following welfare cheque day. Drop in for food, friendship, counseling, and crisis intervention. Food hampers available. One visit/mth.

OUR PLACE (formerly the Open Door)

713 Johnson St., Victoria, BC V8W 1M8 phone: 385-2454
7am - 3 pm Monday to Friday, closed weekends
Victoria’s ‘Living Room’ - a drop in centre with free sandwiches, doughnuts, coffee, tea, bread, sometimes produce, clothing room, counseling & referrals.

ST. VINCENT DE PAUL SOCIETY

828 View Street, Victoria B.C. V8W 1K2 phone: 382-0712
9 am-12:30 pm, 1:30 pm-4:30 pm Mon-Friday, Tues aft for Women
Must be 19 yrs, unless referred by parents, ASK, or Soc Services. Food, clothing, household items. Home visits, food vouchers for parents w/children.

SAINT SAVIOUR’S KITCHEN

310 Henry Street, Church Hall (VicWest) phone: 384-8773
Rainbow Kitchen for women and children, Weds and Fris, 12 noon 1:30 pm

SALVATION ARMY, Family Services and Counselling (singles, too)

2695 Quadra, at Hillside ph: 386-8521 Monday Friday, 9 am 3:30 pm
Emergency food hampers, clothing & small housewares vouchers.

SIKH TEMPLE

Blackwood at Topaz (towards summit park), enter right side door
Every Sunday at noon - Free food serving, lentil dahl and chapatis, etc.

STREETLINK EMERGENCY SHELTER

1634 Store St., Victoria, B.C. V8W 1S2 ph: 384-3634, office 383-1951
Free dinner 7 days a week, 3 pm for meal ticket, serving at 3:30

ST. JOHN THE DIVINE

1611 Quadra St., Victoria, B.C., V8W 2L5 phone: 383 7169
Food bank open Tues & Fridays, 10 am-noon, in church basement. (Closed Fri and Tuesday after Welfare Wednesday, and Tuesdays after Monday stat.)

UPPER ROOM SOCIETY

919 Pandora Avenue, Victoria, B.C., V8V 3P4 phone: 388-7112
Office Hrs: Mon-Fri 9am-4pm Meals: Mon-Sat 12-1pm, 45:30 pm
Meal pass costs \$26 a month, or \$1 at the door.

Good Food Box Program - Duncan area - 250-746-4204,
[www.providence.bc.ca, mlthomson@uniserve.com](mailto:mlthomson@uniserve.com)

Breakfast Club

Second Saturday: St. Andrew’s Presbyterian Hall, 680 Courtney St, 8-10 am
coffee, tea, pancakes and ham, no eggs

Third Saturday: Glad Tidings Pentecostal Church Hall, 1800 Quadra St. 8-10
coffee, tea, pancakes, eggs, ham

Fourth Saturday: Central Baptist Church, 833 Pandora, 8-10 am; 385-7786
coffee, tea, pancakes, eggs, sausage

Fifth Saturday: BC Ferry Workers’ Union at St. Andrew’s Hall, 8-10 am
coffee, tea, pancakes and ham, no eggs

Housing Resources

No Cost for Service, Time Limited Stay

Salvation Army (Emerg men only) 525 Johnson Street, 384-3396
Streetlink 1634 Store Street, 383-1951
Sandy Merriman House (for women) 809 Burdett Avenue, 480-1408
Sobering & Assessment Ctr (24 hr) 1125 Pembroke (@ Cook) 213-4444
Out of the Rain (Youth 15-25) 812-0490 winter only, various locations
Kiwanis Youth Shelter (13-18) 2117 Vancouver St., 386-8282
Hill House - Women with children 479-3963
Sooke Transition House 642-2591 Women with or without children
Vic. Women’s Transition House 385-6611 Women with or w/out kids
Cridge Centre for the Family 1190 Kings Rd 386-7291 Women & kids
Kiwanis House for single women 16-29 w/ one child 382-1004
Margaret Laurence House 995-0058 Women & kids escaping abuse

Low Cost Monthly Rentals

YWCA Women’s Residence - 880 Courtney Street, 386-7511
Ritz Hotel - 710 Fort Street, 381-1868
Fairfield Hotel - 710 Cormorant St., 386-1621
York Hotel - 711 Johnson Street, 385-2544
Douglas Hotel - 1450 Douglas Street, 383-4157
Ocean Island Backpackers - 791 Pandora Avenue 385-1788
Turtle Refuge Backpackers - 1608 Quadra Street 386-4471
Vic. Human Exchange Soc. 361- 2762, 1-800-691-9366, www.humanx.org
Extreme Outreach - men only, \$350 + dep. No alcohol or drugs. 708-2064

Subsidized and/or Supported Housing Services

BC Housing (subsidized - low income families, 55+, or w/disabilities)
301- 3440 Douglas Street, 475-7550 www.bchousing.org
Burnside Gorge Community Assoc. 388-5251 members.shaw.ca/bgca
Capital. Region Housing (subsidized, low income families, 55+, disabilities)
623 Fisgard, 388-6422 www.crd.bc.ca/housing
Coordinated Housing Registry (subsidized & supported housing)
www.coolaid.org 826 Cormorant St. 356-2548
M’Akola Housing Society 384-1423
Pacifica Housing Advisory Assoc. (families) 827 Fisgard 385-2131
Pacifica Housing Serv/Downtown Outreach Serv (connects low-income folk w/ housing in private sector) 826 Cormorant 356-2555
Pandora Youth Apts 753 Pandora, For 15-19 yrs, Andrea - 380-2663
St. Vincent de Paul Soc. 382-2767 www.svdpvictoria.com/services/
Victoria Senior Citizen Housing Society #501-620 View, 384-3434

Housing Searches on the Internet

BC Housing Subsidized Housing List	www.bchousing.org/Housing
Brown Bros. Property Management	www.brownbros.com
BC Co-Operative Housing	www.chf.bc.ca/
Camosun Off Campus Housing List	www.ccss.camosun.bc.ca
David Burr Property Management	www.davidburr.com/
UVic Off Campus Housing	www.housing.uvic.ca/offcampus/search.htm

Helpful Housing Hints

1. Add your name to the BC Housing list.
2. Add your name to the Coordinated Housing Registry.
3. Get the addresses & phone numbers of subsidized or supported housing units from the Cool Aid Society, the BGCA, M’Akola, etc. If you find one you like, make friends, impress them, ask them to pull your name off the list. They

Some places to call for help

Action Committee of People with Disabilites - 926 View St., 383-4105
Adult Addiction Comm. Treatment Serv: 2nd floor, 1250 Quadra, 727-3544
AIDS Vancouver Island: 1601 Blanshard St., 384-2366
Alano Club: 1402 Broad St, 383-9151
Alcoholics Anon: #8, 2020 Douglas, 383-7744 (help), 383-0415 (off)
Cool-Aid Medical Clinic: 385-1466
Cool-Aid Phone Message Service (\$5/mth): 383-1977
Credit Counselling - 477-9998
Foundation of Support of Recovery for Men: 480-1342
Men’s Trauma Centre: 381-6367, #203-1420 Quadra St. www.menstrauma.ca
Outreach Services Methadone Clinic: 2004 Fernwood Rd., 480-1232
Problem Gambling Help Line - 1-888-795-6111
Prostitute Empowerment & Education (PEERS): 744 Fairview Rd., 388-5325
Research, Education, Evaluation, & Support Prog. (REES): 595-8619
Salvation Army Addictions & Rehab Centre: 525 Johnson, 384-3396
Society of Living Intravenous Drugusers (SOLID): 7-9 pm Weds, 1947 Cook
Together Against Poverty Society (TAPS): #415 - 620 View Street 361-3521
Victoria Native Friendship Centre: 610 Johnson Street, 384-3211
Victoria Sobering & Assessment Centre: 1125 Pembroke, 213-4444
Vancouver Island Addiction Recovery Soc.: 536 Cecelia, 480-1342

Assault on our Eco-homes



Virginia Rail: calls Nanaimo home

Sometimes we are faced with many challenges that seem daunting, from poverty to global warming. It is through our awareness and activism that we can begin to affect change.

In BC there are many concerns around homes for local inhabitants; however in this instance we are talking about the habitat and eco-systems for our local critters.

There are many ecological hotspots that local residents are working hard to protect, such as Eagleridge Bluffs (West

Van), Cowichan, and Powell River. From large precious estuaries to small vital wetlands, we are seeing an assault on our rich natural heritage.

We are one of those ecological groups working hard to protect wetland habitat up-island in Nanaimo. This habitat is critical for a special Canada/US migratory bird and other wildlife values.

Canada has 14% of the planet's wetlands. Natural Resources Canada has reported, "Canadian wetlands are under pressure from agriculture, urban and industrial land use development. Recreation activities can either preserve the natural condition of wetlands or be part of their destruction."

Ducks Unlimited Canada has reported, "Unfortunately, wetland loss continues in Canada. As much as 70% of Canada's original wetlands have been lost in some areas of the country."

The biggest threat to America's wildlife is land use change, which causes habitat loss and the permanent alteration of sensitive ecosystems. We believe this is the case in Nanaimo where we are witnessing such alteration to critical habitat.

Adjacent to Malaspina University-College is a provincially registered sensitive eco-system which contains "Jingle Pot Marsh." It is our mission to protect this marsh area along with the Cat Stream that flows from it. Unfortunately, a multi-sports recreational area has been developed next to the marsh, and specifically overlaps in the wetland habitat of the rare migratory bird known as the Virginia Rail.

A recreational area next to a sensitive wetland area should not have been allowed to happen. Other areas around the city would have been more appropriate for sports field development. This area became a victim of development because of its proximity to the university, and their desire to have a place for fall/winter sports activities.

We have asked the developers to stop the elimination and fragmentation of this critical habitat by moving their noisy sports fields back and away the wetlands and marsh. This can be done by increasing the buffer zone by removing one of the six fields that have been jammed into the wetland area. And, by closing down the fields between Oct. 1 to Feb. 29 when the wintering Virginia Rail migrate to the area.

Just as important is that an accredited university is involved. We can't let Malaspina University-College fall out of the fold of institutions of higher learning that espouse the application of good environmental standards. We can let them know that concerned citizens are watching.

We also need to encourage municipalities to adopt better rules for planning, predictability in the land-use process, and find meaningful ways to prevent the negative ecological consequences of degrading our vital wetland habitat.

For futher background on what you can specifically do to address this habitat issue, please visit:

www.birdforum.net/showthread.php?p=532777#post532777

"As far as natural spaces are concerned, the land that is saved must be saved within the next few years. Our options are expiring -- we have no luxury of choice. We must look to this landscape as the last one. For us it will be." - William H. Whyte

Submitted by Rory Rickwood (right), Community Wetland Habitat Steward (Nanaimo) - allcom@canada.com



LEGAL UPDATE - from Tre Arrow

The notice of the judicial review of the ministers decision to surrender me for extradition has been filed by Tim (this is the long and legal terminology for appealing the ministers decision). I am happy to announce that Tim will continue to represent me, and I have an additional lawyer, Jim Blazina, who will be working on much of the appeal submissions. Jim is a well experienced appeal lawyer. For now there is no appeal hearing date set. It most likely will not be before October or November of this year. I will keep you posted as to any of the legal developments and what you can do to help. (For now the best thing that you can do to help is to visit trearrow.org and click on the volunteer section and decide which 'spoke' you would like to devote your energy and blessings to.)

PERSONAL UPDATE:

I am now classified as P.C. (this stands for protective custody). For the last 29 moons I've been classified as G.P. (General Population). This doesn't mean that I am on a unit where there are no problems or that I am now secluded from hostility from other inmates, it's just simply a different setting and a different phase in this time of incarceration.

The reason that I was moved to this unit and reclassified to P.C. is because I've had many problems trying to fit in to the G.P. lifestyle. I have been a target by many people because of the life that I follow. I eat raw plant food and not dead animals (eating dead animals is seen as something matcho). My long hair and lifestyle has resulted in me being labelled as a 'hippie'. I am dedicated to a life of not compromising my values, morals, and passions. I am resolute in living a life of peace, love, generosity and kindness towards everyone and everything (regardless of whether one is incarcerated or not, and regardless of whether someone is innocent or guilty of a 'crime'.) I live in trees to help save them and I care for our sacred earth mother. All these things are viewed as a weakness and in this setting weaknesses are preyed upon. None-the-less, I am truly divinely protected!! The problems I have faced have simply been opportunities for further growth, awareness, and healing. I feel this to be impeccably veritable: WE HAVE NO FRIENDS, WE HAVE NO ENEMIES, WE HAVE ONLY TEACHERS! I am doing well and I thank you all for your amazing love, support, prayers, and positive divine energy which you have been blessing me with and continue to bestow upon me. I wish you all love, blessings, and divine abundance. Namaste, tre.



2006 aerial photos of bc clearcuts

What is going on in Central Saanich?

It seems that there is no way for citizens of Central Saanich to get accurate information about the goings on at their local council. The local paper has decided to take sides on the issues and promote the idea that citizen-voters are rude to council when exactly the opposite is true. Some councillors seem to have undue influence on the paper getting their letters printed without editorials being pinned underneath even when the editor knows the letter is full of sins of omission.

A case in point is the recent letter by Councillor Bob Thompson purporting to set the record straight on the huge benefit some councillors have voted themselves without any public hearing or consultation.

During the budget process all but two of Central Saanich's councillors voted each other medical and dental coverage at a cost of \$9000 to the taxpayer for this year and of course a much higher cost next year. This \$9000 covers four members of council for seven months. Next year it will be twelve months and in the future more councillors will undoubtedly sign on raising the cost further. That's \$321.43 per councillor per month if you want to do the math, making a full year for seven council members \$27,000. And yet they couldn't find the other half of their share of the Capital Region Housing Trust Fund (\$24,300). Among other things this effectively gives four councillors a raise the others don't get. How long before some supersmart councillor comes along to point out that this is unfair and demand that the rest get payment in lieu of the benefit?

How is this different than the pay raises MLAs voted themselves? In fact there is no difference. Just as with the pay raise there was no public notice that this was coming up, no public hearing and no referendum. It was brought up in the middle of all the other budget items and rushed to meet a UBCM imposed time limit even though it was known since the previous year when the deadline would be. Yet this very same deadline argument was used to vote down paying our share of the Housing Trust Fund last year, and used as an argument against paying it again this year (again when they knew for a full year this item was coming up).

It seems it's okay for Central Saanich councillors to feather their own nests while denying any kind of nest to those in need in our community.

In many jurisdictions politicians are forbidden by law from voting themselves any benefit during the current term of office. They may set a benefit that then would take effect after the next election essentially making that election a referendum on the benefit. This is far more honest and would allow for the community debate of the increase or benefit being proposed.

It's time some of our councillors showed a little more respect for their community.

From Sue Stroud, Brentwood Bay - sue_stroud@hotmail.com

p.s. a homeless senior was found sleeping on the lawn of Brentwood United Church last Saturday and homeless people have been sleeping in the ATM bank enclosures in Brentwood Bay as well. Thanks for printing this.

Cory's Story

To Whom It May Concern:

I would like to present you a copy of a letter I sent to the head of the provincial government Gordon Campbell as well as to a number of agencies here in Nanaimo. After reading this letter, if you do not think this is something that should be happening here in Canada, particularly in BC, then please, show your support through correspondence with said government, specifically naming my real life example, and voice your desire for a change in this legislation.

As this is what awaits all citizens of BC without an additional medical benefits package, I would appreciate your support in my quest to salvage the rest of my life, and ensure nobody else who really needs the help is put into this type of predicament in the future.

April 25, 2006
To: The Honorable Premier Gordon Campbell:

My name is Cory Figura. I was born May 20, 1969. I live in Nanaimo, BC and have resided in Canada all my life.

In Oct. 2005 I lost my job as a granite fabricator here on Vancouver Island because of a medical condition called spinal stenosis. This condition was diagnosed by a surgeon right here in Nanaimo. This diagnosis was further confirmed by my family doctor. I am currently on a waiting list for surgery to repair the condition.

April 6, 2006 I was informed by my Employment Insurance agent that I no longer qualified for financial support from my EI claim, as it was obvious to them I couldn't "look for work." I went to the EI office on crutches. They cut me off right then and there, even though I earned the right (and paid for it) to have that particular safety net available to me. I still have nearly four months of payments for which they refuse to further administer. I was then sent to see the people at Human Resources (welfare) for any further financial support. I was shocked to find out what awaited me when I attended this government service April 6, 2006.

The rent I pay at my residence is \$575.00 a month. I was told by the welfare people that the maximum they could give me was \$510.00 to cover ALL my expenses. AND NOW THAT I WAS ON WELFARE NOBODY IN THE WORLD IS ALLOWED TO CARE ABOUT ME ANYMORE OR HELP OUT WITH MY FINANCIAL NEEDS. They should stand by and watch me suffer. If I was to borrow the rest of the money I need to survive it would be considered "INCOME" and if the rent was to somehow get paid, it would be considered proof that I was engaged in fraud.

So what they want me to do, spinal condition be damned, is move to a cheaper place. The fact of the matter is that anything cheaper is going to be that much more scummy or undesirable of a residence where I would be subject to tenants on drugs or worse. I could be enticed into their lifestyle myself. It's no secret what kind of living conditions people on welfare are exposed to.

I was a working man, paying his own way in life and playing by all the rules and I feel like I am now being hung out to dry by my very own country. I am not a bum looking for a handout and even have a job to return to pending the outcome of my surgery. This treatment is unacceptable by any standard. I can't see how reducing me to a "welfare lifestyle" is going to do me, or the rest of the province, any good and I can't fathom the idea of being sucked into the drug subculture which most certainly thrives at this level on the societal ladder.

It is more than enough trouble just getting through each day with the pain and lack of mobility. I also feel like I am being held responsible for the nine months wait I have incurred on behalf of the Health Care System. It's not my fault that the doctors are taking so long to get this operation done. What's up with that?

I feel I have been deceived and truly believe I could be put on disability immediately, not the four months I was told today I would have to wait to receive such benefits. Then, I would receive approximately \$765.00 dollars a month which would instantly eliminate any contradictions, therefore relieving the enormous amount of unhealthy stress I am being forced to endure because of this situation.

How can anyone, in what's supposed to be such a fine country as Canada, become so unimportant? This is the ultimate question to which I will not rest until I have received a satisfactory answer. Therefore I am requesting a written explanation which clarifies how this legislation is benefiting me and the rest of our

province. It is your job to better the lives of people living in British Columbia right?

As a perfect example of the neglect I am referring to I find myself unable to accept the explanation that there is no reasonable financial support for people in my position, yet there is plenty of cash flow to support The Olympics. In my opinion, The Olympics are being paid for directly by neglecting the needs of Human Beings. I know for a fact I won't be able to afford to participate in any of the Olympic festivities, yet somehow I'm left feeling I, and the other poor people of this province, have paid for yet another lavish celebration for the rich.

I, for one, will not be pushed around any more Sir. I expect a serious investigation into the morals and values being displayed by your government in direct relation to the neglect of poor people living in British Columbia.

Truthfully, Mr. Cory Figura

My monthly bills for basic survival are as follows:

Rent-----	\$575.00
Car insurance-----	\$54.00
Phone-----	\$55.00
Cable-----	\$52.57
Hydro-----	\$45.00
Fuel-----	\$50.00
Food-----	\$120.00
Medications-----	\$50.00
Total -----	\$1001.52 per month

As I am afflicted with a disability, I require a vehicle to get around, back and forth to dr. appoints, the pharmacy, grocery stores etc. I also contend the television is essential to my sanity as I am cooped up in my home a majority of my time with nothing to do but watch TV.

So? How can I pay this with a \$510.00 cheque? I declare it is impossible. I contend I, as well as any other person in my predicament, are within our basic human rights to receive enough money for essential survival. I further contend the governments refusal to do so based on modern day, realistic rent rates, relevant to location, should be considered to be neglectful of my human right to exist.

AMMENDMENT APRIL 27,2006

Today I was given "income exemption" which means now if my rent of \$575.00 somehow gets paid with my \$510.00 cheque it will no longer be considered fraud. However, effectively, all they have really given me is permission to compound my situation further and fall into debt. At least I don't have to move!

Please address letters of support to

Gordon Campbell, BC Premier
P.O. Box 9041 stn prov gov't
Victoria, BC
V8W 9E1

Copies have been delivered to: Salvation Army, Roman Catholic Church, Minister of Health George Abbott, Premier Gordon Campbell, BC Nurses Union, Royal Canadian Legion, CTV News, Nanaimo Daily News, Nanaimo Disabled resource center, Teamsters union, Minister of Labor and citizen service Michael de Jong, CBC News, John Howard Society, Paradise Isle Seniors Society, Canadian Red Cross Society, A Channel News, PI Granite, Federal Minister of Human Resources and Social Development Ms Diane Finley, Lynne Marks dept. of History University of Victoria

David Arthur Johnston's Update - hatrackman@yahoo.com

At NOON on TUESDAY, JUNE 27th, 2006, I will be returning to St. Ann's Academy (the Ministry of Advanced Education at 835 Humboldt St, Victoria BC) with the intent of inspiring a tent-city to be born. I've hopes of bringing the catalyst that either forces the courts to acknowledge that conscientiousness transcends the 'rule of law' or falls the government of Canada intoto.

Right now, in Canada, no person has the right to sleep in any public access space as there is no such thing as public property. The court's current mandate is to avoid anarchy even if it means ignoring justice.

In an inclusive community there is much opportunity for angels to practice. Anarchy is not the horror that the conventional preach, instead it could be viewed as a 24/7 job that saves the world from the lies that make us suicidally retarded. Yes, there will be craziness and it will be confronted with love's efficiency. Every moment will be dealt with as it comes. That is 'anarchy'-living with the presumption that, by nature, we are a compassionate soul. Armed with patience we find there is no hole too deep to climb out of.

There is no evil, as there is nothing but God/ 'the infinite 4-dimensional fractal singularity that perceives itself through life'. May we present gentleness and patience to those who would condemn us to perpetual discomfort. May we view all anger as a frantic confusion that happens when we don't know what to do. May we have patience and forgiveness with ourselves. May we accept that sadness has its place in reminding us of happiness.

The police's mandate is to enforce the status quo of an exclusive and established colonial monster. They enact goodness to justify their brutality. Do not be deceived by them. Do not give them authority. Forgive them for they know not what they do.

Come and taste true freedom. Patience be with us all.

Journal of the Occupation of St. Ann's Academy (Victoria, BC, Canada)-
<http://www.angelfire.com/apes/hatrackman/welcome.htm>



(this has been floating around the internet, and is published without credit to its creator(s)).
The man on the left, the one wearing a fabulous vintage chiffon-lined Dior gold lame gown over a silk Vera Wang empire waist tulle cocktail dress, accessorized with a 3-foot beaded peaked House of Whoville hat, and the ruby slippers Judy Garland wore in the Wizard of Oz, is worried that The Da Vinci Code might make the Roman Catholic Church look foolish.



Well I left that place

Where the streets are wide and the lights are bright
And I took up my guitar at a very late hour
Walking in thought down the highway
And that was my railway track
And I sat there on the curb
Played my scratched and banged guitar
Wrote a poem down for a brand new song
And it became my bright new day

Now - some fools carry guns or a razor
But me I've got my guitar
Shaped like a star singing like a satellite from afar
And I've seen some with pen and ink
And some with a paint brush too
Some with coarse hands work on clay
But don't you know now
Don't you know now
This is what I do
This my choice and this is my way
Well, I was never much of a fighter
In a fight I would turn away
Using my fists in the face of attack
Most times I'd end up there flat on my back
And you know I've not used the choicest of words
I've decided this guitar is my defence in the face of some heavy flak.

Now these words were written by a writer
Who half time lacks matches or cigarettes or a lighter
And he's most off tune half the time and more often than more
And this is the result
Where the streets are so wide
And the stars are bright this so very late at night.

I knew a man who could not speak
But played a mean rhytm by tapping his feet
And I knew someone who could not see
And a woman who was a bit unkind to me
And I took this experience and put it in my head
And I made something from it
I kind of made a song from it

Now, I've seen fools of derision
Lost in the gaps between big decisions
They made blunt incisions in their coastal towers and castles
Where the blinds were drawn down
In the closed walls of their interests in open minds
And I've seen the brightest of minds burn their lights out
As they slowly fused and got confused
Got concussion from the fists of the stoned hard mad stare of thought

Well there is no spring in a mad dark Sci-fi world
In these useless militaristic movies lost in the netherworld
There is no spring in the not too bright bletherworld
There is no rain and there is no snow and there is no pain
Just hot sun and cold steel where nothing is real
The bringers of war only bright ordeal
Well I left my place to find a brighter place.

© Paul Burnside, June 5 2006

alms

big black 7-series flashes cherries
makes the awkward stop
road side, up on the curb
like a John fishing for hole.
long door opened against the grays
Blue Bridge in the back ground
where Butch has the perch all to himself today
backed-up against the fence.
El Duce emerges from the car
with a big bag of goodies
-boxed salad greens, gouda
wrapped sandwiches, napkins
and one enormous bottle of Becks
which he hands over
to those tobacco golden fingers
with a genuine smile
and a quick turn on the heel.
i give Butch the forefinger thumb gun
and he shoots me a wink-
a shared toast between the strange.
appeased guilt fills another belly
purchasing an uneasy grace, for one more day.

j fisher - bathtubbing@hotmail.com



The growing face of poverty still stays the same. So with this new name, Our Place, we can anticipate more struggles, opposition, and victories. I was rather appalled at some of the public's reactions to the Open Door's decision to move to their present location. We don't want needy people with hard-edged issues that dampen tissues. Do people wonder how some of these people got there? Do they even care? Mankind seems heading for a fall for being so cruel by not obeying the golden rule. Love Thy Neighbour As Thyself. I wrote this poem in 1996 about the Open Door. Mark Idczak.

Open Door

Soup kitchens are here to stay and Food Banks it seems will never go.
There is a place I know called the Open Door,
and if you're down on your luck and short on your dough
then this is the place to go.

I walk upstairs and enter a room.
It's filled to the max with people galore.
This place is a freebie, so you never know what's in store.

I come in bruised and battered am I.
I sure could do with a smile, coffee, good vibes and a hi!
To make my journey through life a more easier chore.
The people I encounter are waging a personal war,
while others seem quite content as peaceful as can be.

I look across the room to see people playing a game.
There seems to be a clique I cannot break.
Oh they have no time for me!
Are they too busy? Too stressed out?
Do they even give a tinker's toot about me?
Does anyone love me? Does anyone care?
Is that all they can do is snicker and stare?
Oh wait, but what do I see?

An angel of mercy comes smiling at me.
Giving me a hug which is better than a drug for me.
Then another Angel in the guise of a worker comes concerning my aid.
Yet another friendly soul gives me a vitamin with a good vibe or two.
Thank God my faith in God and humanity is restored.

So I came here seeking and got a bit more,
so I cannot call this place an Open Sore,
A Snore or a Bore.
It can be anything you choose or make it to be,
whatever it is for you and me.

This place is given by God to give everyone a break.
To restore healing and combat poverty, we hope.
Or just to give encouragement to help us all cope.

Thanx so much for printing my picture, wearing the sandwich board in front of the BC legislature, last November, asking Mr. Martin and Mr. Campbell how they can continue to ignore the Homeless? The other media ignored me, as I was upstaged by the Teacher's strike! So, thanx so very much for the coverage.

In gratitude, I would like to hereby grant you permission to print the following excerpt from my song "Homeless", which I was commissioned by the "Open Door" to write as a theme song for their conference last month. Here is the chorus:

Homeless - Lee Hamer

"Homeless but not helpless,
I may be down, but I'm not out.
(Ya know) I used to have it all, my friend,
Made me wanna scream and shout!
But I've fallen on some hard times,
And I'm feelin' mighty sad,
I can't remember when,
My life's ever been,
No, it's never been, this bad, so sad,
My life's never been, this bad!"

copyright 2005 Lee Hamer,
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Keep up the good work. I look forward to your next issue.

Musically Yours,
Lee Hamer
(May God bless and keep you, always!)

Heart & Hands

Here's to driving out for days,
And here's to trying not to cave.
When we were still young we were
Dreamin' of an ocean full of love,
And proomises of grandeur seemed
so innocent to us
The years, they will reveal all that
a man is meant to be,
Lies in his heart and hands
In time for all of them to see.

Look back on all the sandy shores
of Stradbroke island with the boys
The sun it seemed would never fade,
The eastern bay became our home
A thousand stars, a sea of trees
The hills they just go on and on,
A lot alike the chasing of the dream
Is the romance of the home.

Maybe I needed this release to show me that I am not a fool,
Like birds that fly away and have
not one care for the rules
And years they will reveal all that a
man is meant to be, lies in his Heart and Hands in time for all of
them to see.
How many miles have you dreamt? tell
me now, where did it go ...
Maybe along the California Coast it
jumped and headed home
I never thought that we would be
this old, not so soon ...
That all the roads I end up lost on, just bring me back home.
So, here's to your my dream.

Vince Vaccaro
www.myspace.com/
vincevaccaro
rocknrollwillneverdie@gmail.com



Victoria Seniors' Advocacy Service

The Victoria Seniors' Advocacy Services, sponsored by the Greater Victoria Seniors (OAPO) organization, has opened an office in Victoria.

We are available at the Blanshard Community Centre, at King and Dowler Streets, on Tuesday mornings from 9:00 am to noon, and on Thursday afternoons from 1 pm until 4 pm

The phone number is 388 - 7696.

The centre is close to both #4 and #6 buses, at Quadra and Hillside.

We will defend the rights of seniors in the lower Island area, without any fee to the senior. Services range from supporting Seniors needing help as they work to get the services to which they are entitled, to advocating for change in the systems of service delivery.

Standing up for you!



1020 Hillside Avenue
Phone: 250 360 2023
rob.fleming.mla@leg.bc.ca

Rob Fleming, MLA
Victoria - Hillside



Nearly all men can stand adversity, but if you want to test a man's character, give him power.

Abraham Lincoln
(1809 - 1865)

Our character... is an omen of our destiny, and the more integrity we have and keep, the simpler and nobler that destiny is likely to be.

George Santayana
(1863 - 1952)

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CASC

Join us first Wednesday of every month;
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Email: casc@telus.net

Phone: 598-7690

Web: <http://casc.communitypipe.org/>



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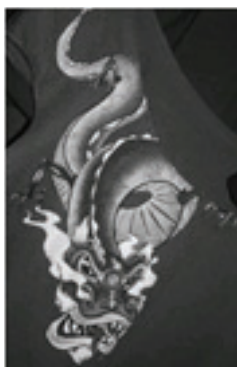
Federal MPs:
www.vindicator.ca/vindicator/membersList.asp

Provincial MLAs:
www.legis.gov.bc.ca/mla/3-1-3.htm



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Fund Development, Media, Web Sites, Writing

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Victoria Street Newz Distribution Team



Rick



Debbie



John



Marlene



If you'd like to join us, check us out, or share a conversation and a cup of tea or coffee, you can find some or all of us at the Solstice Café, or in market square, on Tuesdays and Fridays, 10 am - noon.



John



Ken



Ted & Bok

Counting the Beans				
	Feb/Mar	Apr/May	June	
Operating Revenue				
Coordinator's Revenue				
Advertising (payment rec'd)	0.00	80.00	0.00	
Paper Sales (from vendors)	838.50	775.00	610.00	
Donations	560.00	127.00	100.00	
Subscriptions	0.00	80.00	0.00	
Salary from B & R	1200.00	1200.00	600.00	
Belfry Bottle Return	35.85	35.00	0.00	
Pennies from Heaven	0.00	0.00	53.50	
Total Coordinator's Revenue	2634.35	2297.00	1310.00	
B&R Revenue (deposited)				
Advertising	0.00	0.00	30.00	
Donations	710.00	0.00	0.00	
Subscriptions	0.00	40.00	135.00	
Grant Monies	0.00	5000.00	0.00	
Total B&R Rev. (deposited)	710.00	5040.00	165.00	
Total Operating Revenue	2634.35	2297.00	1310.00	
Operating Expenses				
Coordinator's Expenses				
Paper & Printing Costs	952.04	952.04	593.35	
Office expenses	175.40	80.00	40.00	
Misc. (postage, fees, etc.)	148.00	94.20	75.00	
Community reciprocity	209.00	200.00	110.00	
Unpaid Debts	20.00	0.00	0.00	
Total Coordinator's Expenses	1504.44	1326.24	818.35	
B & R Expenses				
Bus Tickets (2 for 1)	105.00	76.00	35.00	
fm City of Vic Grant	75.00	0.00	0.00	
fm Vancity Grant	1000.00	1000.00	500.00	
fm KAIROS Grant	0.00	0.00	0.00	
fm PSAC Grant	100.00	100.00	100.00	
fm donations/subscriptions	25.00	100.00	0.00	
sub ttl B&R Expenses	1305.00	1276.00	635.00	
Total Operating Expenses	2809.44	2602.24	1453.35	
Ttl Coord Rev minus Expenses	-175.09	-305.24	-143.35	
(- is out of pocket, + is salary. clearly, it's more a labour of love than empire construction!)				

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